

SHADY GROVE FARM AND WELLNESS CENTER

"WHERE GOOD THINGS GROW"

Spring Vegetable Frittata

- 16 Stalks of pencil thin asparagus – trim ends & cut into 1-inch pieces
- 8 large eggs
- 2 Tablespoons of Cream or Milk
- 2 Dashes Hot Sauce (Tabasco recommended)
- ½ Cup shredded Monterey Jack Cheese
- Kosher Salt & Freshly ground pepper (amount to taste preference)
- 2 Tablespoons fresh chopped dill or basil (according to herb preference)
- 1 Tablespoon Butter
- 2 Small Scallions sliced thinly
- ½ Cup grated Parmesan

Optional Topping

Cherry Tomatoes cut in half

Preheat Oven to 350 Degrees

Approximately 8 Servings

In a large bowl, whisk eggs, then whisk in salt, pepper, Tabasco, cheese and scallions just until combined.

In a 10" or 12" ovenproof skillet, butter over medium-high heat. When butter just foams, add asparagus, season with salt and pepper, and cook, stirring occasionally, until asparagus is just tender, about 2 minutes. Stir in chopped herb of preference.

Reduce heat and pour in egg mixture over asparagus.

Place skillet on center rack of preheated oven and cook until firm around the edges but still somewhat loose in the middle, about 15 to 20 minutes. Remove from the oven and allow to "rest" for a few minutes before serving.

If you choose to use topping, toss the tomatoes with salt & pepper sprinkle over top of the frittata just before serving.